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Report of Meeting of Delegates with 4-H Foods and Nutrition Committee  
at National 4-H Club Camp, June 22, 1954

The following suggestions were made by delegates during the discussion of the 4-H Foods and Nutrition program:

1. What are the best things in your 4-H foods and nutrition program?

- (1) Demonstrations at each meeting.

Planning ahead for the year by club. Two members taking responsibility for each meeting.

- (2) Chance to learn how to prepare and preserve locally available foods.
- (3) Judging of foods at each meeting and at achievement day as a way to learn standards.
- (4) Practice at home of preparation of dishes that were learned at club meetings.
- (5) Chance to participate in the planning of 4-H club program - liked chance to select foods they were most interested in.
- (6) Enjoyed chance to show what they learned by participating in demonstration days and at favorite food show.
- (7) Junior and senior activities according to age and ability.

2. What would you suggest for the improvement of 4-H foods and nutrition projects?

- (1) More freezing activities - chance to exhibit frozen foods at fairs.
- (2) Increased amount of judging at club meetings.
- (3) More consumer education - information on how to select and buy meats, fruits, and vegetables. These should be incorporated into all projects, rather than made into a special project.
- (4) Chance to learn about international foods, with participation by IFYE's whenever possible.
- (5) Emphasis on social activities for senior members, boys included.
- (6) How to use equipment.
- (7) More educational tours, both of homes and of community places of interest to members.
- (8) Better selling of parents on 4-H foods projects; visits to homes of members.
- (9) More help with records, with simpler record books, especially for beginners.

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REPORT OF THE NATIONAL L-H FOODS AND NUTRITION COMMITTEE  
MEETING AT WASHINGTON, D. C. -- June 17-19, 1954

The committee reviewed the present situation of the L-H foods and nutrition program. After considerable discussion of the many topics brought before the committee it was decided to focus on the more basic problem: the need for modernizing the L-H foods and nutrition program in both subject matter and methods. The committee presents the following suggestions for consideration by those responsible for L-H foods and nutrition work, in their respective States.

Modernizing the L-H Foods and Nutrition Program

1. Recognize the way that girls and boys will live and help them to meet their needs and interests according to their age and abilities
  - A. Consider food pattern of families within your State.
    1. Determine actual practices by observation, interviewing, and using properly prepared questionnaires.  
(Club members and leaders)
    2. Consider need to base the units of the projects around the interest as they change with age. Often subject matter is made progressively more difficult without considering the developmental needs.
2. Clarify goals and philosophy
  - A. Consider not only skills but appreciation and understanding of the part foods and nutrition play in one's life. Enjoyment of foods and nutrition can promote learning as well as health.
  - B. Nutrition should become a working reality.
3. Recognize the importance of motivation.
  - A. Promote activities that arouse interest in the projects; for example, boys might be interested in outdoor meals, older girls in entertaining.
  - B. Promote activities that increase club members' interest in the program. (Example: Foods of other lands)



C. Keep in mind that younger club members are more likely to prefer to do things alone or with groups of the same sex. Older club members like to do things with other boys and girls.

D. Project requirements should be definite, yet flexible, to encourage individual initiative and ability.

E. Use the type of recognition that improves standards.

1. Avoid overemphasis on contests and awards.

By showing products at county fair.

4. Check all your foods and nutrition projects to see that they include the following:

A. Food preparation

B. Nutrition

C. Meal planning, service, and management

D. Courtesy and family cooperation, citizenship

E. Food selection and buying

F. Care and use of equipment

G. Safety

5. Streamline your 4-H materials.

A. Review "How Does Your 4-H Foods and Nutrition Program Rate."

Let's Talk Extension Nutrition. April 6, 1954, Evelyn L.

Blanchard, Federal Extension Service, USDA, Washington 25, D. C.

B. Evaluate Your Recipes.

1. Simplify to bring up to date in line with new products and equipment.

- a. Check the following reference: Janssen, Pearl Z.  
"Evaluation and Simplification of Recipes."  
Journal of the American Dietetic Association.  
26:5, May 1952, pp. 425-28.
2. Use good basic recipes with variations.
3. Carefully test recipes using locally available products.
- C. Consider the background experience of members and leaders for whom you are preparing the materials.
- D. Prepare materials jointly with 4-H, nutrition, family life, sociology, and home management specialist.
- E. Evaluate materials at least every fifth year.
6. Incorporate modern products and methods into all 4-H foods and nutrition projects.
  - A. Teach wise selection and use of products available on market.  
For example:
    1. Fresh, frozen, and canned fruits and vegetables.
    2. Fresh, evaporated, and dried milk.
    3. Homemade versus commercially prepared products.
    4. Commercially baked mixes and home-baked foods.
      - a. Mixes can well be adapted as introductory experiences in baking if basic principles of measuring, mixing, and baking are emphasized.  
However, these should be followed by learning how to do it yourself.
  - B. Urge incorporation of food preservation and marketing throughout the foods units.



7. Modernize your leader-training programs as well as members' project.

A. Help your local lay leader and county extension workers to do a better job through:

1. Developing a broader point of view about the foods and nutrition project and how it relates to interests and needs of boys and girls.
2. Understanding the principles that will help them to explain preparation, nutrition, marketing, selection, and preservation.
3. Give practical help in ways they can carry on 4-H foods and nutrition projects, but try to develop individual initiative and ability.

B. Review previous training given leaders and evaluate some segment to see if leaders received the help they needed.

1. Arrangements should be made to give new leaders extra help and encouragement. However, all leaders need well-planned in-service training at frequent intervals.
2. Representatives of leaders' groups should sit in on the planning sessions for training so that it will better meet their needs and interests.

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RECOMMENDATIONS

The 4-H Foods and Nutrition Committee met during the time set aside for committee meetings at the 24th Annual National 4-H Camp. It was found necessary to extend the time and work in an extra meeting. The first part of the report shows progress made by the committee. The committee looks forward to continuing the job it has undertaken at future meetings.

The 4-H Foods and Nutrition Committee recommendations for the future are:

1. The work of the committee be continued.
2. The membership of the present committee remain the same insofar as possible to assure continuity. We further recommend the addition of another 4-H county club agent and a county home agent, both of whom have some responsibility for homemaking club programs, as it was thought that both of these areas of representation needed strengthening.
3. Whenever planning of State 4-H foods and nutrition programs is undertaken, consideration should be given to the inclusion of representation similar to that of the National 4-H Foods and Nutrition Committee (include the foods and nutrition specialist, the State 4-H leader, the county 4-H and home agents involved in homemaking club programs).
4. Another meeting within a year, possibly at the 1955 4-H National Camp if that seems practicable.
5. That additional support from the National Committee on Boys and Girls Club work for the foods and nutrition program be channeled on a national basis into:
  - a. Development of special literature for both leaders and club members, the preference being given to development of leader guides.

1. A series of short leaflets to fit into a loose-leaf binder was suggested for flexibility and expediency.
  - b. Improvement of the training program for local lay leaders and county extension workers.
6. The committee strongly recommends the need for a separate work type of meeting, since only topics of a general nature can be taken up in a limited time at a meeting in connection with a national event and for real accomplishment in specific areas.
7. The committee considered activities that they could continue during the coming year to further the progress before the next meeting.
  - a. That each member of the committee consider it her responsibility to spread the thinking of the National 4-H Foods and Nutrition Committee and to create interest in increasing participation of other States in putting into action the committee recommendations within their area.
  - b. To take full advantage of ideas and techniques already in use for modernizing the foods and nutrition program. This would be done by setting up a clearing house of suggestions and materials through Dr. Evelyn Blanchard, United States Department of Agriculture nutrition specialist, who agreed to pass on the information.
  - c. Encourage the pooling of effort across the State lines for both revamping and preparation of material.
  - d. The members of the committee try to evaluate the present foods and nutrition program by every means possible. This would include observation as well as use of a survey of

members and leaders within their States using a questionnaire similar to that formulated for the Ohio project to gather information and suggestions for improving the foods and nutrition program. Each member is to send in a report from two outstanding local lay leaders. This information would provide a basis for discussion on modernizing the foods and nutrition program at the next committee meeting. It should be sent in not later than March 1, 1955.



Respectfully submitted:

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Mary Frances Smith, Indiana  
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